

Sumário de resultados

Piscina 50m

Ferreira Francisco Miguel	89 :	50m Livres		27.32	27.35	100%	RP		
		50m Livres	2	25.85	27.35	112%	RP		
		100m Livres	5	57.79	1:00.09	108%	RP		
		50m Bruços		37.36	32.41	75%			
		50m Bruços		33.76	32.41	92%			
		50m Bruços	4	32.34	32.41	100%	RP		
		100m Bruços		1:19.63	1:11.19	80%			
		100m Bruços	2	1:12.42	1:11.19	97%			
		200m Bruços	5	2:46.98	2:45.08	98%			
		50m Mariposa		29.00	28.52	97%			
		50m Mariposa	9	28.82	28.52	98%			
		100m Mariposa	10	1:04.33	--		RP		
		Grilo Telma Alexandra	92 :	50m Livres		33.75	29.68	77%	
50m Livres				32.24	29.68	85%			
50m Livres	11			30.63	29.68	94%			
100m Livres				1:10.80	1:06.57	88%			
100m Livres	8			1:05.99	1:06.57	102%	RP		
200m Livres	10			2:24.09	2:21.45	96%			
50m Mariposa				35.52	34.14	92%			
50m Mariposa				36.32	34.14	88%			
100m Mariposa	9			1:18.86	1:14.78	90%			
200m Estilos	9			2:48.93	2:59.91	113%	RP		
Guimaraes Joana Margarida	95 :			50m Livres		33.96	32.21	90%	
				50m Livres		32.21	32.21	100%	
				100m Livres		1:11.00	1:06.99	89%	
		100m Livres	5	1:06.61	1:06.99	101%	RP		
		200m Livres	4	2:24.97	2:27.64	104%	RP		
		50m Costas		35.71	35.32	98%			
		50m Costas		34.74	35.32	103%	RCAfem,RCSfem,RCJu		
		100m Costas		1:15.68	1:13.41	94%			
		100m Costas	2	1:12.32	1:13.41	103%	RCAfem,RCSfem,RCJu		
		200m Costas	2	2:35.28	2:40.83	107%	RCAfem,RCSfem,RCJu		
		50m Mariposa		34.30	38.13	124%	RP		
		200m Estilos	6	2:43.77	2:57.71	118%	RP		
		Machado Joao Geraldês	86 :	50m Mariposa		28.81	26.50	85%	
50m Mariposa	4			27.50	26.50	93%			
100m Mariposa	6			1:02.76	58.89	88%			
Machado Tiago Geraldês	93 :	50m Livres		27.46	28.74	110%	RP		
		100m Livres	4	57.38	59.09	106%	RP		
		50m Costas		31.80	32.08	102%	RP		
		100m Costas	3	1:06.27	1:06.38	100%	RP		
		50m Bruços		33.05	36.48	122%	RP		
		100m Bruços	1	1:13.81	1:17.80	111%	RP		
		50m Mariposa		30.09	29.55	96%			
		50m Mariposa		29.95	29.55	97%			
		100m Mariposa	4	1:06.36	1:05.31	97%			
		200m Estilos	3	2:22.33	2:22.39	100%	RP		

Meca Filipe Miguel	91 :	50m Livres		31.35	29.81	90%			
		50m Livres		28.55	29.81	109%	RP		
		50m Livres		29.58	29.81	102%	RP		
		50m Livres		31.05	29.81	92%			
		50m Livres		32.27	29.81	85%			
		100m Livres	13	58.56	1:01.71	111%	RP		
		100m Livres		1:01.33	1:01.71	101%	RP		
		100m Livres		1:04.31	1:01.71	92%			
		100m Livres		1:06.20	1:01.71	87%			
		100m Livres		1:07.12	1:01.71	85%			
		200m Livres		2:17.94	2:07.18	85%			
		200m Livres		2:19.14	2:07.18	84%			
		200m Livres	5	2:05.05	2:07.18	103%	RP		
		200m Livres		2:12.96	2:07.18	91%			
		400m Livres		4:43.52	4:30.75	91%			
		400m Livres	10	4:31.19	4:30.75	100%			
		400m Livres		4:46.14	4:30.75	90%			
		800m Livres		9:41.34	9:20.76	93%			
		800m Livres	5	9:34.09	9:20.76	95%			
		1500m Livres	5	18:11.07	18:05.54	99%			
		50m Mariposa		32.83	29.72	82%			
		100m Mariposa		1:10.64	1:05.69	86%			
		200m Mariposa	5	2:27.78	2:26.14	98%			
Oliveira Ana Rita	92 :	50m Livres		34.72	32.95	90%			
		50m Livres		33.48	32.95	97%			
		100m Livres		1:09.49	1:07.36	94%			
		100m Livres		1:11.79	1:07.36	88%			
		200m Livres		2:27.37	2:20.65	91%			
		200m Livres		2:23.22	2:20.65	96%			
		400m Livres		5:00.22	4:51.18	94%			
		400m Livres	2	4:49.70	4:51.18	101%	RCAfem,RCSfem		
		800m Livres		10:00.06	10:10.19	103%	RCAfem,RCSfem		
		1500m Livres	3	18:49.33	19:32.67	108%	RCAfem,RCSfem		
		50m Bruços		41.17	--:--		RP		
		100m Bruços		1:28.90	--:--		RP		
		200m Bruços	5	3:02.96	--:--		RP		
		50m Mariposa		34.33	34.08	99%			
		50m Mariposa		35.46	34.08	92%			
		100m Mariposa		1:17.70	1:13.77	90%			
		100m Mariposa		1:13.83	1:13.77	100%			
		200m Mariposa	4	2:46.10	2:44.70	98%			
		200m Estilos	2	2:38.75	2:38.59	100%			
		400m Estilos	1	5:24.98	5:39.11	109%	RCAfem,RCSfem		
		Ramos Miguel Marques	94 :	50m Costas		37.64	40.84	118%	RP
				50m Costas		35.77	40.84	130%	RP
				100m Costas		1:18.13	1:24.15	116%	RP
100m Costas	7			1:14.88	1:24.15	126%	RP		
200m Costas	12			2:40.23	2:55.21	120%	RP		
50m Bruços				43.29	44.75	107%	RP		
50m Bruços				41.03	44.75	119%	RP		
100m Bruços				1:31.28	1:33.01	104%	RP		
100m Bruços	13			1:27.89	1:33.01	112%	RP		
200m Bruços	11			3:10.19	--:--		RP		

Santos Cristina Paris	94 :	50m Livres		33.09	33.31	101%	RP		
		50m Livres	8	30.78	33.31	117%	RP		
		100m Livres		1:10.56	1:09.68	98%			
		200m Livres	9	2:25.69	2:30.60	107%	RP		
		50m Mariposa		33.96	36.68	117%	RP		
		50m Mariposa		35.35	36.68	108%	RP		
		50m Mariposa		34.47	36.68	113%	RP		
		50m Mariposa	5	32.94	36.68	124%	RP		
		100m Mariposa		1:16.82	1:19.25	106%	RP		
		100m Mariposa		1:16.62	1:19.25	107%	RP		
		100m Mariposa	5	1:14.87	1:19.25	112%	RP		
		200m Mariposa	6	2:47.05	3:08.82	128%	RP		
		200m Estilos	5	2:42.13	2:51.72	112%	RP		
		400m Estilos	7	5:48.95	6:10.35	113%	RP		
		Silva Diogo Maia e	93 :	50m Livres		28.94	30.72	113%	RP
				50m Livres		31.03	30.72	98%	
100m Livres				1:05.43	1:04.15	96%			
100m Livres				1:00.96	1:04.15	111%	RP		
100m Livres	Est			1:00.21	1:04.15	114%	RP		
200m Livres	Est			2:09.13	2:12.81	106%	RP		
200m Livres				2:09.30	2:12.81	106%	RP		
200m Livres				2:16.15	2:12.81	95%			
400m Livres				4:31.86	4:31.43	100%			
400m Livres	4			4:32.82	4:31.43	99%			
800m Livres				9:48.44	9:44.41	99%			
1500m Livres	5			18:32.75	18:32.72	100%			
100m Costas	Est			1:07.23	1:09.40	107%	RP		
50m Mariposa				32.12	34.80	117%	RP		
50m Mariposa				33.07	34.80	111%	RP		
100m Mariposa				1:08.04	1:09.55	104%	RP		
100m Mariposa				1:10.50	1:09.55	97%			
200m Mariposa	2			2:25.85	2:34.58	112%	RP		
200m Estilos	5			2:25.54	--.--		RP		
400m Estilos	3			5:02.43	5:06.59	103%	RP		

Silva Mariana Maia e	94 :	50m Livres	36.10	35.73	98%			
		50m Livres	37.23	35.73	92%			
		100m Livres	1:16.52	1:16.18	99%			
		100m Livres	1:14.38	1:16.18	105%	RP		
		100m Livres	1:18.96	1:16.18	93%			
		200m Livres	2:35.50	2:40.21	106%	RP		
		200m Livres	2:37.93	2:40.21	103%	RP		
		200m Livres	2:42.65	2:40.21	97%			
		400m Livres	5:28.71	5:26.60	99%			
		400m Livres	16 5:15.81	5:26.60	107%	RP		
		400m Livres	5:19.74	5:26.60	104%	RP		
		800m Livres	10:56.52	--		RP		
		800m Livres	12 10:42.09	--		RP		
		1500m Livres	10 20:36.62	--		RP		
		50m Bruços	42.41	47.92	128%	RP		
		50m Bruços	44.40	47.92	116%	RP		
		100m Bruços	1:32.71	1:37.53	111%	RP		
		100m Bruços	9 1:31.49	1:37.53	114%	RP		
		200m Bruços	8 3:12.43	3:19.33	107%	RP		
		50m Mariposa	37.27	39.23	111%	RP		
		100m Mariposa	1:19.09	1:20.90	105%	RP		
		100m Mariposa	1:19.59	1:20.90	103%	RP		
		200m Mariposa	7 2:48.82	3:01.88	116%	RP		
		400m Estilos	6 5:47.84	6:07.03	111%	RP		
		Tomas Edgar Neves	94 :	50m Livres	33.31	33.68	102%	RP
				50m Livres	31.43	33.68	115%	RP
				50m Livres	30.44	33.68	122%	RP
				100m Livres	1:12.32	1:10.67	95%	
				100m Livres	1:07.60	1:10.67	109%	RP
				100m Livres	15 1:03.49	1:10.67	124%	RP
				200m Livres	2:31.60	--		RP
				200m Livres	16 2:20.31	--		RP
				400m Livres	22 5:03.05	--		RP
				50m Bruços	41.45	--		RP
				100m Bruços	1:30.61	1:26.91	92%	
				200m Bruços	12 3:10.58	--		RP
100m Mariposa	1:21.02			--		RP		
400m Estilos	5:43.15			--		RP		
Vale Alexandre Galveias	93 :			50m Livres	31.06	27.77	80%	
		50m Livres	30.33	27.77	84%			
		50m Livres	28.06	27.77	98%			
		100m Livres	1:05.31	57.86	78%			
		100m Livres	1:03.38	57.86	83%			
		100m Livres	5 57.79	57.86	100%	RP		
		200m Livres	2:16.02	2:08.29	89%			
		200m Livres	4 2:10.13	2:08.29	97%			
		400m Livres	3 4:32.25	4:33.72	101%	RP		
		50m Costas	33.77	33.68	99%			
		100m Costas	6 1:08.54	1:10.08	105%	RP		
		50m Mariposa	31.04	--		RP		
		100m Mariposa	7 1:08.04	1:16.02	125%	RP		
		Vieira Joao Guilherme	93 :	50m Bruços	39.51	34.78	77%	
50m Bruços	34.50			34.78	102%	RP		
100m Bruços	1:25.59			1:13.55	74%			
100m Bruços	2 1:16.57			1:13.55	92%			
200m Bruços	3 2:54.29			2:43.59	88%			

4 x 100m Livres Masc.	:	Silva Diogo Maia e Vieira Joao Guilherme	1:00.21 1:04.36	Machado Tiago Geraldés Vale Alexandre Galveias	58.73 1:01.33	2	4:04.63
4 x 200m Livres Masc.	:	Silva Diogo Maia e Vieira Joao Guilherme	2:09.13 2:23.59	Vale Alexandre Galveias Machado Tiago Geraldés	2:07.71 2:11.66	1	8:52.09
4 x 100m Estilos Masc.	:	Silva Diogo Maia e Vieira Joao Guilherme	1:07.23 1:14.64	Machado Tiago Geraldés Vale Alexandre Galveias	1:05.63 57.87	1	4:25.37

Total 190 resultados individuais, desempenho médio: 100,9%
7 novos rec. Clube, 104 novos rec. pessoais
Maior melhoria: Ramos Miguel Marques, 50m Costas 35.77